

The Resilient Library Newsletter

July 1, 2021

Volume 10 Issue 1

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press **Click** or **Ctrl+click** on images and underlined text to be directed to those websites.

4 Steps to a Happy Single Retirement

Part 4 of 4—Discover What You Find Fulfilling

Retirement means not just planning for the future but also enjoying it when it finally arrives. If anyone takes that to heart, it's Aralyn Hughes, 74, of Austin, Texas. When she sold her business in 2008, she saw it as an opportunity, telling herself, "I've saved my money. I'm going to do what I've always wanted."

Her bucket list was long. She signed up to learn dancing and drumming. She edited an anthology, *Kid Me Not* (Violet Crown Publishing, \$12), about the first generation of women who came of age after birth control became widely available and who chose not to have children. She



directed a one-woman show and became the subject of a documentary called "Love in the Sixties." She's now writing a memoir.

Not everyone finds fulfillment in retirement on such a grand scale as Hughes. **Smaller meaningful ways are just as good.** Jessie Taylor, 66, of Phoenix, retired a few

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Artful Distractions—CreativeBug.com

Colored Pencil Workshop: A Daily Practice

Volume 10 Issue 1



Beginner | 3 hours

Taught by [Sasha Prood](#)

Most of us have dabbled with colored pencils as youngsters, but they are far more versatile and sophisticated than you might think. Join Brooklyn-based illustrator and graphic designer Sasha Prood as she teaches the extensive range of one of her favorite mediums.

Using colored pencil, you'll explore the range between bright, bold designs, to soft, transparent imagery. Layer

colors like you would with watercolor and define edges like you would with a marker. Sasha walks you through the ins and outs of graphite, colored pencils, and watercolor pencils.

Day by day, you'll alternate between learning a new pencil technique in a practice swatch and then drawing a small composition using that technique, steadily building your skills from making marks like hatching and stippling to layering colors and creating gradients. This is your chance to play, experiment, and push pencils to the next level.

Learn how to:

- ⇒ Create a color chart to test all of your colored pencils
- ⇒ Make fundamental marks with pencil like hatching and cross-hatching, contouring and stippling
- ⇒ Create defined and shaded patterns
- ⇒ Lift and layer patterns
- ⇒ Properly blend pencils
- ⇒ Explore different gradient techniques and contrast techniques with patterns and color
- ⇒ Draw small compositions
- ⇒ Research your subject and prepare a sketch before coloring your final art

What you'll get:

- ⇒ Easy-to-follow video lessons on how to draw, layer, sketch, and make marks with colored pencils
- ⇒ 31 HD video lessons you can access online anytime, anywhere
- ⇒ Detailed supply list and PDF with reference photos
- ⇒ Step-by-step instructions by artist and illustrator Sasha Prood
- ⇒ The ability to leave comments, ask questions and interact with other students ◇

Excerpted from <https://www.creativebug.com/classseries/single/colored-pencil-workshop-a-daily-practice>

Log into CreativeBug.com on the Salem Library website with your library card number to find your artful distraction!

Environmentally Responsible Products That Work!™



• **Lawn Care Products & Supplies**

• **Garden**

- * Beneficials
- * Composting Supplies
- * Cover Crops
- * Disease Control
- * Fruit
- * Garden Fertilizers
- * Garden Supplies
- * Garden Pest Control
- * Garden Planters and Pots
- * Garden & Soil Amendments
- * Harvest & Canning Supplies
- * Microgreens and Sprouts
- * Perennials, Bulbs & Flowers
- * Vegetable Seeds and Plants
- * Weed Control

• **Household**

- * Birding
- * Household Helpers & Kitchen Tools
- * Pest Control

• **New**

• **Gift Ideas** ♦



Super-Lite Plant Insect Barrier



Coir Brick



Willow Teepee Plant Support

Digital Resources for Gardening DIY

SmartPlant. [Android.](#) [Apple.](#)

Making sure your leafy friends are thriving can be a tricky endeavor, but SmartPlant can help. Identify your plant via the app, then receive reminders on when to water or otherwise care for your vegetation. You can ask experts their opinion on problems and get immediate advice too, on issues like pests, yellowing leaves, withering flowers, and more.

Garden Tags. [Android.](#) [Apple.](#) If you're looking to grow your friend group and your garden, check out GardenTags. Novice gardeners can get advice directly from experts, as the app aims to make gardening accessible by creating a community of plant lovers. Leaf lovers for life!

PictureThis. [Android.](#) [Apple.](#)

Need to know which plants are okay to be around your pets and humans? PictureThis has all the info you'll need. Snap a pic to identify the plant you're eyeing, and quickly check its toxicity level to animals and people. The app has lots of other functions, too, including watering reminders and care tips and tricks.

Florish. [Apple.](#) So you've got a new houseplant, but aren't sure where to put it. In your bright office, next to the window, or perhaps on your bookshelf, away from direct sunlight. Florish will not only help you identify your indoor plants, but you can use your smartphone to measure the light in certain areas of your home—helping you find the perfect perch for your petunia.

From the [City of Salem website](#)

The Commissioner of the Revenue's Office administers the tax freeze/relief program for the elderly and disabled on real estate. This program provides assistance to qualifying property owners with real estate tax payments on their primary residence and up to one (1) acre of land. Qualifying citizens will receive a freeze on the amount of real estate tax assessed. **This program does not exempt the property owner from taxation, but freezes the real estate tax at the rate it is at the time of qualification.** Although property tax assessments will continue to rise, the amount paid by a citizen in the tax relief program will remain at the frozen rate as long as the citizens continues to meet the qualifications below. **Applications are accepted July-August of each year and must be submitted annually even if you have qualified the previous year.**

DO YOU QUALIFY?

If you can answer yes to ALL of the following questions, you may be able to qualify for the Tax freeze.

- Are you named on the deed for this property?
- Property that is jointly owned by husband and wife, either spouse can be 65 years of age **or** older **or** disabled. Any other owners must meet all qualifications.
- Were you at least 65 years of age **or** totally and permanently disabled by December 31st of the preceding year? *
- Is this your primary residence that you are applying for?
- Is the gross combined income for all parties living in the residence and/or named on the deed \$50,000 or under? **
- Are all of your assets excluding your home \$100,000 or under?

Applications can be obtained in the Commissioner's Office beginning July 1 each year or downloaded [from the [website](#)]. A copy of the current Income Tax Return for all parties living in the residence or named on the deed must be filed with the freeze application if returns have been filed with the IRS or Virginia Department of Taxation.

*Those applying for the tax freeze based on total and permanent disability must provide a copy of the original qualification letter from the Social Security Administration.

**Combined annual gross income shall include all income from all sources of the owner(s) and relatives of the owner(s) residing in the dwelling for which the exemption is claimed. The first \$6500 of income of each relative, other than the spouse, shall not be included. All income of those named on the deed, even if not living in the residence, must be included. ◇

The screenshot shows the City of Salem, Virginia website. The header features the city logo and navigation links: HOW DO I?, BUSINESS, GOVERNMENT, RESIDENTS, DEPARTMENTS, TOURISM, DOWNTOWN, and REPORT A PROBLEM. The main content area is titled "REAL ESTATE TAX FREEZE" and includes contact information: PHONE: (540) 375-3019, HOURS: M-F 8am-5pm, E-MAIL: commissioner@saalemva.gov, MAIL: P.O. Box 869, Salem, VA 24153, and LOCATION: City Hall, 114 North Broad Street, Salem, VA 24153. A sidebar on the left lists various services, with "Real Estate Tax Freeze" highlighted. The main text area contains the same information as the text blocks above, including the "DO YOU QUALIFY?" section with its list of questions. At the bottom, there are links for "CITY CALENDAR" and "CIVIC CENTER". The footer shows a Windows taskbar with the date 6/23/2021 and time 12:48 PM.



By Markham Heid

At the end of a long day, it's tempting to dive into your social feeds or Netflix queue the minute you've finished eating. But back before screens bogarted all our free time, an after-dinner stroll was a popular activity and one associated with improved health and digestion. "Italians have been walking after meals for centuries," says Loretta DiPietro, a professor of exercise science at George Washington University's Milken Institute School of Public Health, "so it must be good."

Research backs this up. [One small study](#) co-authored by DiPietro found that when older adults at risk for [type-2 diabetes](#) walked on a treadmill for 15 minutes after a meal, they had smaller blood sugar spikes in the hours afterwards. In fact, the researchers found that these short post-meal walks were even more effective at lowering blood sugar after dinner than a single 45-minute walk taken at mid-

morning or late in the afternoon.

The [human digestive system](#) converts food into the sugar glucose, which is one of the body's primary energy sources—so after a meal, glucose floods a person's bloodstream. Hormones like insulin help pull that glucose into cells, either to be used immediately or stored away for later use. But for people with diabetes and impaired insulin activity, too much glucose can remain in the blood, which [can cause or contribute to](#) heart disease, stroke, kidney disease and other health problems.

"Insulin secretion in response to a meal tends to wane later in the day, and this is especially so in older people," DiPietro says. She points out that many of us eat our largest meal of the day in the evening, and we also tend to sit around afterward. As a result, "blood glucose levels will rise very high and will stay elevated for hours," she says.

What good does [walking](#) do? "The muscles we use to walk use glucose as energy, drawing it out of circulation and therefore reducing how much is floating around," says Andrew Reynolds, a postdoctoral research fellow at the University of Otago in New Zealand.

Reynolds coauthored [a 2016 study](#) of people with type-2 diabetes and found that just 10 minutes of

walking after a meal helped control their blood sugar levels. "We saw the biggest differences with walking after dinner time," compared to other times of the day, Reynolds says. Like DiPietro, he says many people just sit around in the evenings, and this may be especially bad because the body's ability to manage blood sugar at that time of day is weakest. "Getting up and moving around at that time was very effective," he says.



Along with combatting surges in blood sugar, a little post-meal movement may also aid digestion. "Exercise stimulates peristalsis, which is the process of moving digested food through the GI tract," says Sheri Colberg-Ochs, a diabetes and exercise researcher at Old Dominion University. Her [research](#) has found that a post-meal walk is much more effective than a pre-meal walk for controlling blood sugar.

[More research](#) has found that walking helps speed up the time it takes food to move from the stomach into the small intestines. This [could help improve satiety](#) after eating. There's also [evidence](#) that links this type of faster digestion with lower rates of [heartburn](#) and other reflux symptoms.

... "just 10 minutes of walking after a meal helped control blood sugar levels."

years ago from his job as a commercial property manager, is divorced and almost never sees his children. He is on his own and unhappy about it. But he recently adopted a black and white kitten he named Spirit to keep him company, and Spirit is, well, lifting his spirits. “The kitten is helping,” Taylor says. “I figured he needed to be rescued and I needed to be rescued.” **Finding companionship and purpose in life are two of the most important ingredients of a rewarding older age**, almost as essential as having solid financ-

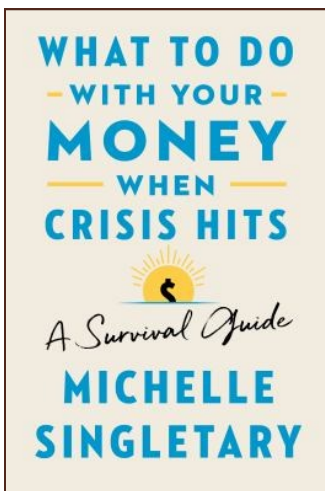
es and medical care, gerontologist Mary Jo Saavedra says. Forging those connections doesn’t come naturally to many people, but for single, childless retirees, it’s required learning.

Without the vibrancy that children and grandchildren can bring, “it’s easy for your story to be about loss,” Saavedra says. There is physical deterioration or friends who become ill or die. “Life can become doctor’s appointments and funerals,” she says. “We want to change that story about loss and make it be about possibility.” ♦

Excerpted from 4 Steps to a Happy Single Retirement | Kiplinger

*Finding
companionship
and purpose in life
are two of the
most important
ingredients
of a rewarding
older age.*

Book Spotlight—*What to Do With Your Money When Crisis Hits* A Survival Guide



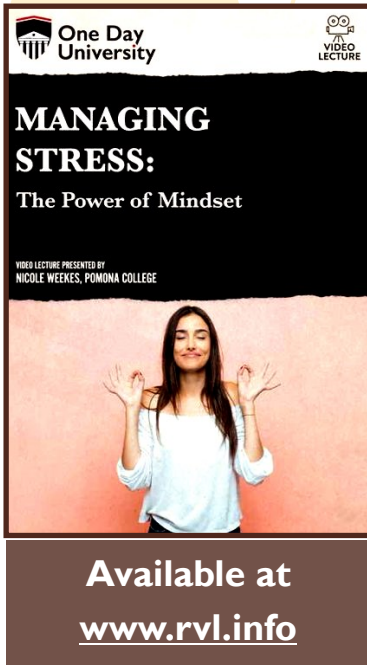
Available at
www.rvl.info

Inside front cover: From pandemics to recessions, bear markets to energy crises, life is full of financial setbacks. The hard truth is that it’s not a matter of *if* there will be another economic downturn, but *when*. The important question to ask is this: **How do you prevent a crisis from turning into a full-blown catastrophe?**

Drawing on years of experience as an award-winning personal finance columnist, **MICHELLE SINGLETARY** shares her expert advice for weathering a financial storm. In this book, she answers the most pressing questions that crop up when money suddenly becomes scarce, such as:

- ♦ What bills need to be paid first?
- ♦ When is it right to dip into savings?
- ♦ How do you keep from panicking when the stock market is down?
- ♦ Is this “opportunity” a scam in disguise?

This hands-on guide covers debt concerns, credit card issues, cash-flow problems, and dozens of other common financial matters. Whether you’re in the midst of one crisis or preparing for the next, this book provides the tools to secure your wealth and your future. ♦



What is the Power of Mindset?

We've all heard about the placebo effect – which explains why name-brand medicines work better than the generic stuff, even when they share the exact same ingredients. But did you know that the way we think about ourselves and the world around us dramatically impacts our health, how fast or slow we age, and even how long we live? In fact, people with a positive mindset about aging live on average 7.5 years longer than those without. That might sound alarming to those of us who struggle to see the bright side, but the good news is we can make surprisingly simple changes or small shifts to how we think, feel, and act that will really pay off. This is the power of mindset.

The Power of Mindset Lecture

This talk describes cutting edge research on the power of one's mindset – literally meaning the setting of the mind towards a particular set of expectations – on influencing thoughts, feelings, and behavior. You'll learn how making subtle tweaks in mindset can lead children to perform better on challenging math tests, college students to show improvements in their vision, and older adults to score higher on memory tasks. You'll also learn about the substantial impact of mindset on physical health. Would you believe that simple shifts in mindset can lead to faster walking speeds, decreases in blood pressure and body fat, and increases in life expectancy?

Once we have covered the power of our mindset, we will discuss the science of both stress and stress management. Professor Nicole Weekes will explain the basics of the stress response, and distinguish between the different types of stressors – the events that cause dis-ease – and the perception of dis-ease. We will also talk about the role of the brain in stress, stress management techniques, and coping strategies. We will conclude with mindfulness training and even try a couple of helpful mindfulness exercises in order to improve the power of our mindset. ◇

Excerpted from <https://www.onedayu.com/videos/managing-stress-the-power-of-mindset/>

From Travel.State.Gov—Passport Services Available Now

What to expect:

- Mail delays are impacting when passport applications are received for processing. Processing times begin the day the state department receives your application, not the day you mail it, and **does not include mailing times**.
- **Routine service** can take up to 18 weeks from the day an application is **submitted** to the day a new passport is **received**. The 18-week timeframe includes up to 12 weeks for processing and up to 6 weeks for mailing times on the front and back end.
- **Expedite service** (for an additional \$60) can take up to 12 weeks from the day an application is **submitted** to the day a new passport is **received**. The 12-week timeframe includes up to 6 weeks for processing and up to 6 weeks for mailing times on the front and back end.

We suggest you:

- Send your application to the state department via trackable mail, so you can track your application before it enters their system. This can be done whether applying at an acceptance facility or by mail.
- Pay an extra \$17.56 for 1-2 day delivery for the return of your completed passport.

Renew By Mail: Adults with 10-year passports can [renew](#) them by mail instead of appearing in person. ◇

For more information, visit <https://travel.state.gov/content/travel/en/passports.html>



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: library@salemva.gov

Website: [https://](https://www.salemva.gov/)

www.salemva.gov/

departments/salem-public-library

Roanoke Valley
Libraries
Online Library Catalog
www.rvl.info

Roanoke Valley
Libraries
eBooks & eAudiobooks
rvl.overdrive.com

ABOUT THIS NEWSLETTER: This free, semimonthly (twice a month) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, you can either:

- Call the library and ask to be added to the mailing list OR
- Email us at library@salemva.gov to be added to the email list OR
- Pick up a print copy available in our **NEW BOOK SECTION**.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

NEW SUMMER HOURS: As of Monday, June 14th, we are OPEN TO THE PUBLIC from 10:00 a.m. to 8:00 p.m., Monday through Thursday and from 10:00 a.m. to 5:00 p.m. Friday and Saturday. We will be closed on Sundays. No appointments necessary! Browse the library; use the computers; printing, copying, fax, and notary services available.

SUMMER READING FOR ADULTS: Starting June 15th through September 5th, pick up a bingo card at the Front Desk. The card is a combination of reading specific types of books and activities such as "Fall Asleep Reading". Each completed bingo card will be entered in a prize drawing.

Keep Moving—*Walking After a Meal*—from page 5

Walking isn't the only type of post-meal exercise that provides these benefits. "Whether it is resistance exercise or aerobic exercise, both have a similar impact on lowering blood glucose levels," says Jill Kanaley, a professor of nutrition and exercise physiology at the University of Missouri. One [small study](#) by Kanaley and others found that for people with obesity and type-2 diabetes, doing a weight training session with leg presses, calf raises, chest flies and back extensions 45 minutes after dinner lowered their triglycerides and blood sugar for a short time—and improved their wellbeing.

But more isn't necessarily better when it comes to post-eating exercise. There's [some evidence](#) that vigorous forms of training may

delay digestion after a meal. "Exercising muscles pull more of the blood flow their way during activity, and the GI tract gets relatively less," Colberg-Ochs says. "That actually slows down the digestion of food in

... "research has linked short bouts of walking with benefits like lower cholesterol and a reduced risk of depression."

your stomach during the activity." Most of the research on post-meal physical activity suggests that moderate intensities—think fast walking or biking—are best. "Anything but really intense exercise would proba-

bly work equally well," she adds.

As far as timing goes, try to move your body within an hour of eating—and the sooner the better. Colberg-Ochs says glucose tends to peak 72 minutes after food intake, so you'd want to get moving well before then.

Even if you can only fit in a quick 10-minute walk, it'll be worth it. Apart from the perks mentioned here, [more research](#) has linked short bouts of walking with benefits like lower blood pressure and a reduced risk for depression.

So make like the Italians and head out for a walk after your next meal. Your TV and the Internet will still be there when you get home. ♦

Excerpted from <https://time.com/5405778/walking-after-eating-good-for-you/>